MRS. WILSON TELLS MORE ABOUT PURCHASING CUTS OF BEEF-ADVENTURES IN THE GALLERY

MORE ABOUT BUYING CUTS OF BEEF IS EXPLAINED BY MRS. M. A. WILSON

The Flank or Top of the Sirloin and What It Contains-The Round and What to Do With It-Different Methods Used in Preparing Tender Cuts and Those of the Foreguarter

By MRS. M. A. WILSON (Copyright, 1918, by Mrs. M. A. Wilson, All rights reserved.)

THE hind quarters of beef contains the sirloin, the rump, the round and the shin. Laying against the side of the sirloin, imbedded in a casing of fat, are the kidneys.

The flank or top of the sirloin is used for pot roasting, braising, hamburg steaks, goulashes and corning. The sirloin contains the loin and the filet or the tenderloin, which is steaks.

The face cut of the rump is called the pin bone, which usually weighs warm water and one teaspoonful of is delicious either hot or cold. from 61/2 to 11 pounds, depending salt in the bottom of the broiler to upon the size and grade of the cattle. Rump is used for steaks; back or short rump for roasts and corn- cook for four minutes, then turn

he round is the tender inside part pound for the well done. of the thigh, while the lower or bot-

cuts from the left-hand side a three- it is well done. Lift to a warm cornered piece of meat called the platter and spread with a prepared viny piece. This piece of meat is butter. entirely lean, and if a portion of fat is added to it, it makes a deliciously tender roast, pot roast, braise or beef a la mode. It is without one particle of waste. The heel or back end of the round

is used for stews, pot roasts and corning. The uses for the shin are similar to those used in the forequarter of the beef.

To secure the best results when cooking meats, it is necessary for the housewife to know that the tender cuts of meat require entirely different methods of treatment from that used for preparing the forequarter cuts.

Frying makes this meat tough and indigestible. It should be broiled over a clear fire or in the gas

Ask Mrs. Wilson

flour and then roast like the fancy

and prime ribs. The first three

steaks from the rump are equally as

Have the butcher trim the filet

into shape and then lard it with salt

pork. Dust lightly with flour and

then place on a rack in the roasting

pan and place in a hot oven, basting

every ten minutes. Cook, allowing

the meat one-half hour to become

without a single ounce of waste. It

First. Fancy prime steers.

Second. Cows.

usually very fleshy.

Third. Bulls.

The beef cattle are divided into

Fancy prime steers have meat

which is a bright red color and is

well marbled with fat. The cow's

meat may be determined by the

small bones and the flap of tissue

pinned over the hind quarter carcass.

where the milk sack has been re-

moved. The bull meat is heavy

bones, coarse and dark red; it is

The correct average weight for the man who is five feet nine inches tall is 156 pounds, so you are not far from it. You are not to tail for your age.

Little Black Cat Wants Home

Little Black Cat Wants Home

To the Editor of Woman's Page:

Thear Madam—In last Thursday's Evening
Printic Lamaga I read the inclosed letter,
and as I have a kitten to give away would
be glad to get in touch with "Daily Reader."
The kitten is a very pretty black made, almost five months old. He is a very clean
kitten in money for all but one. They were
brought to me by the mother cat after they
had their eyes open and we have keep them
all but intend to keep but one for our
home.

offe Daily Reader" cares to write to me will be giad to hear from her. If she rill call for him she may call any night ext week. Would want to feel that hitty as getting a good home. That is all I

About the Lost Soldier

To the Editor of Woman a Face.

Dear Madam—I undiced in this evening a paper your request for the mame and address of the person who told you of the shell-shock case. Although I am not she I believe I can give you done information concerning him. The soddler application you would be a shell of the person of t

Pennsylvania
Although I cannot vouch for this I believe
Although I cannot vouch for this I believe
Although I cannot vouch for this I believe
the young man's relatives were found and
that he was from one of the New England
States.

It would please me very much if I could
help that mother, and if she desires I helieve I could find out a little more definitely.

E. T.

I shall be glad to put you in touch with this mother who has not heard from her boy. I think it will make her feel happier just to be able to write to some one who is interested.

Sundry Information

To the Editor of Woman's Page:

good as the sirloin.

If you have any cookery prolems, bring them to Mrs. Wilson She will be glad to answer you through these columns. No personal replies, however, can be given Address questions to Mrs. M. A. Wilson, EVENING PUBLIC LEDGER

frequently removed and sold sepa- face. Remove the excess fat and thoroughly heated and to start rately as a filet of beef. The loin is then rub the surface of the meat cooking; then allow twelve minutes then cut into back or delmonico with the juice of a lemon and a for every pound. This cut is the good cooking oil. If you are using choicest of the entire cattle and is the gas broiler, place one quart of prevent the fat from catching fire. three classes: Place the meat in the broiler and and repeat the cooking until the The round is the thigh or upper meat is done, allowing eight minpart of the leg and takes its name utes to the pound for the very rare, from the manner in which it is ten minutes to the pound for the placed upon the block. The top of medium, thirteen minutes to the

Test the meat by pressing with a tom round is the tough outside por- fork; if it is very soft and spongy, it is rare. Just as soon as it be-From the round, as it faces you comes firm, it is medium, and then on the butcher's block, the butcher allow three minutes more and then

Butter for Steaks

Pieces of left-over or broken butter may be used for this. Place on

Two tablespoonfuls of butter. One tablespoonful of lemon juice, One tablespoonful of grated onion, 2. What costs Two tablespoonfuls of finely chopped paraley,

One teaspoonful of salt. One teaspoonful of paprika, One-half teaspoonful of mustard. 5. What material is used a great deal in the material of the new hate?

Blend until smooth and creamy 6. In arranging the hair, what precaution should be taken in placing the knot? and then spread on the meat and serve. A good salad oil may be used in place of the butter.

Frequently I have inquiries like this: "What is a sirloin roast?" To prepare: Have the meat cut A sirloin roast is a cut from the at least one inch thick; thin meat back of the sirloin; usually it weighs wasteful, owing to the fact that from 61/2 to 7 pounds. Have the there is an unusual loss of the meat butcher remove the chine bone and juices because of the large sur- the flank ends. Pat lightly with 4

Mrs. Wilson Answers Questions

nice filling, either orange or chocolate, for a layer cake, as well you in advance, MRS. A. F. Mrs. A. F .-

Cheese Cake

Use level measurements. Line an blong pan with pastry made as follows: Two cupfuls of sifted flour,

One and one-half teaspoonfuls of One teaspoonful of baking pow-

Sift to mix and then rub in three tablespoonfuls of shortening. Mix to a dough with one-half cupful of ice water. Roll on a floured pastry

Prepare a filling as follows: Place one cupful of milk in a saucepan and add two level tablespoonfuls of flour. Dissolve the flour in the milk and then bring it to a boil and cook slowly for five minutes. Remove and cool and then add

One and one-half cupfula of cottage cheese, rubbed through a fine

Two well-beaten eggs. Three-quarters cupful of sugar.

Grated rind of one-half lemon, if

One level teaspoonful of nutmeg. Beat to thorough blend and then pour into prepared pan. Dust ton with nutmeg or cinnamon, and bake n a slow oven for thirty minutes. Orange Cream Filling for Cake

Juice of one large orange, Grated rind of one-quarter orange Three-quarters cupful of milk, Six level tablespoonfuls of flour Dissolve the flour in orange juice nd milk and then bring to a boil and cook for five minutes, then add

One-half cupful of sugar,

One well-beaten egg. Mix well, cool and then use been the layers of the cake.

Chocolate Icing

lelt two ounces of chocolate, then

tablespoonfuls of boiling

ufficient XXXX sugar to spread ne teaspoonful of vanilla. lest the mixture hard and then and on the cake.

Chicken Noodle Soup the chicken as for fricasses then place the back and neck ts in a separate pan and feet, first scalding well with ter to remove the outside Add sufficient water to cover,

email onion cut in alices, email corrot cut in dice. to a boil and cook slowly to ment falls from the bones,

My dear Mrs. Wilson-Please | Chop the giblets fine and then add publish in your daily column a the meat picked from the back cargood recipe for cheesecake and a cass and neck; it is now ready to
nice filling either orange or cheeseason. Add the noodles and cook waist with a frill of chilfren. season. Add the noodles and cook for fifteen minutes. In answer to as a chocolate icing. Thanking your last question-in most cases,

> My dear Mrs. Wilson-I have been reading your column often and found some good recipes. Will you kindly let me have a recipe when you can in the paper as to how to make a beef or pork loaf? I am anxious to know, Will thank you very much if you will publish it.

Beef or Pork Loaf Put one pound of lean meat through the food chopper, adding

Two onions.

One green pepper, One level teaspoonful of thyme, Two level teaspoonfuls of salt, One level teaspoonful of paprika, Three cupfuls of cold cooked out-

One-half cupful of vegetable

Blend well together and then next form into a loaf. Place in a loaf-shaped pan and then set this pan in a large one containing hot water. Bake in a moderate oven for one hour. Cold cooked meat may be used in place of raw meat.

Biend well together and then was getting a good home. That is all I was good home. That is all I was getting a good home. That is all I was getting a good home. The same property is good home. T used in place of raw meat.

My dear Mrs. Wilson-I thank you very much for publishing in the Thursday EVENING PUBLIC LEDGER the recipe for cream cabbage without oil, but this is what I do not know, if I should scald the cabbage or not, but I do like the dressing for it. Thank you very much for the recipe, and I will thank you in advance for the published information about the cabbage, if I should scald it or not, and oblige. MRS. C. S. Mrs. C. S .-



SOME PARTY FROCKS FOR LITTLE GIRLS

Fashion does not neglect any part of the feminine world, even if that part does run around in curls and gingham dresses most of the time. Here you see frocks that can be worn to a party. In the center is a suggestion for the youngster who is the star member of her faney-dancing class, but all around are "just plain children." You will notice one little girl who follows in the footsteps of her mother by having a dainty ruffle around the neck of her party dress. In fact, on the whole you will see that the daintiness characteristic of this spring's styles for the older folk has charmingly invaded the child world

Please Tell Me What to Do

By CINTHIA

Would Join Dancing Class

The Woman's

Exchange

The words of the second o 4. Should a wedding invitation be accepted by card or with the regular formal ac-ceptance?

You are referring to the Bureau of Compulsory Education, headquarters of which is at 1522 Cherry street.

Correct Height

Correct Height

To the Editor of Wesson's Page:

Dear Madam—I am a young man seventeen years of age and am five feet ninches tail. I weight 152 only a seventeen years of age and am five feet ninches tail. I weight 152 points for my age and is my weight yourest for that height finence by yours.

The courset about the form your father.

Of course, all men are not like that the lend of the page of th

The Hobble Skirt Petticoat

A Daily Fashion Talk by Florence Rose

of love, while he was engaged to an other girl. other giri.

A dressmaking course would be very good, especially if you have the talent, but that might not occupy your mind as much as a course of some special study. You might take up on the side a library course. It's splendid study and when you have finished in that work you can command a good salary. The course is not very long and is very interesting. You might fill your time very full with the two courses in this way and then follow out whichever one you have most aptitude for.

Your parents would not be so un-

of first cousins is never to be encouraged. Very often feeble-minded children are the offspring of such unions, or there is ant to be unusuar deneateness in the children and it is only fair to look shead and confront these eventualities, as they extend through generations sometimes. Of course if the gift holds you to your promise it is another matter, but if you are only nineteen now, you were not responsible when the promise was made. Consult your parents on the matter and write a frank letter to the girl's parents about it. You should not be held to doing what is not right and your feelings on the matter are quite proper.

Of Interest to Women It is not permissible to photograph women in China.

Women porters carry the baggage of tourists on the Island of Capri,

Restaurants exclusively for women are a recent innovation in Tokio, Japan

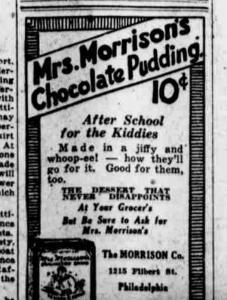
More than one million women in the

Nearly 130,000 women in Vermont will be eligible to vote in the next presi-dential election.

The number of women lawyers in the United States has more than doubled within the past decade.

A bill to protect overworked women conductors in New York City is now before the legislature at Albany. OUR STORE ORDERS

ARE AS GOOD AS CASH for full details.
MARRIOTT BROS., 1188 Chestnut



THE MAJOR AND CAPTAIN IN THE PEANUT GALLERY

Were Not Afraid Their Friends Would See Them Trudging Up the Worn Stairs-A Real Bit of Life Recently Staged Up Where the Tickets Are Fifty-five Cents

THE peanut gallery shows many but, on the whole, these pale into ing significance compared to the risk. A skin coats, for instance, when you least expect to find them. But this particular night showed the lovellest particular night showed the lovellest surprise of all—a major and a captain sitting exactly in the middle of the front row "up in heaven." And to the right of the major a private in Under Sam's army and to the left of the captain a jack tar. The four sitting right together!

These who became great because there was in them none of that petty self-

third-floor usher. Otherwise every-thing was done with military preci-sion. The "Star Spangled Banner" was played and the four stood as closely and as magnificently at attention as if they had been in a ground floor

ONE frequently hears that little things will never count again with the men who went to war-only the big issues of life will loom as important and worth worrying about to them. It seems to me the major and the captain sitting up top in a large theatre when any of their friends might have seen them going up or coming down the shabby stairs was a fine example of letting only the big things count. In a word you might say, in helping to make the world safe for democracy these men had made democracy safe for themselves.

Most of the worrying over the little Most of the worrying over the little and unimportant issues of life comes from false pride. Now let's be frank. How many of us are willing to go to a large and fashionable theatre, pass by the big lobby alive with lights and well-dressed people and go around to the shabby little entrance where one may buy tickets for fifty-five cents and proceed upward? There are minor objections, of course, such as not wanting to walk up the stairs,

The major had his coat hanging over the railing, thus running the risk of being told to take it off by the third-floor usher. Otherwise every-

Good for the captain and better for the major and cheers for all the men who are coming back to us, having seen life stripped of all its littleness and ready to put into practice the les-





South Craft FOR THE HAIR AND SCALP

Means No more dandruff No more itching scalp No more falling hair

Takes two minutes to apply and won't stain pillows if used at night.

A colorless, odorless, water-like liquid containing no oils, no fats, no dyes, and only 1% alcohol.

Makes women's hair fluffy, and frequently restores prematurely gray hair to its old-time natural color-

> Instead of shampooin& children it is wise to use Youth Craft on their heads every two to four weeks. It will keep the scalp white and clean, invikorate the hair-roots and tends to equip the scalp for life's battles with tight hat-bands and "mar-cell" waves.

Every user of Youth Craft has better and healthier hair than his neighbor. Inquire! At your druggist's.

> Be sure and buy Youth Craft today, Insist on the Benuine. It insures hair health.

> > Sold by these druggists

Shuman Drug Company, Theatre Building, Darby, Pe. W. A. Driebelbis, N. W. Cor. 20th & Porter Streets P. Leof. 20th & Fairmount Avenue B. J. Wezlar, 4th & Sayder Avenue Frank J. Austin, 5th & Lombard Streets Julius J. Rosenberg, 31st & Norris Streets Gatchel's Pharmacy, 10th & Spring Garden Streets Catchel's Pharmacy, 10th & McKean Streets Coldhaber's Drug Store, 5th & Wharton Streets Norris Pharmacy, 17th & Norris Streets
Evans's Drug Stores
Senn's Pharmacy, 3d & Green Streets

WINTERS & KESLER, Distributors, Philadelphia YOUTH CRAFT COMPANY, Chicale

Sundry Information

The hobble skirt petticoat has made its appearance, and it is decidedly chick the place in a bowl and pour over it the dressing. No cooking of the cabbage is required.

My dear Mrs. Wilson—What is the best kind of roast pan to use—the covered, self-basting or the uncovered? Allow would you please explain how to make chicken noodle soup? I know how to make the noodles. When a recipe calle substituted. I certainly do appreciate your kindness in answering these questions were recorded and to river and to river the covered sort of the cabbage is recorded to the cabbage is recorded to the cabbage is required.

The hobble skirt petticoat has made its appearance, and it is decidedly chicken the fashion alk.

Somety Information

To the Kdisor of Wemen's Pacific Remove white goods provided from white plate in a bowl and pour over it the dressing. No cooking of the cabbage is required.

My dear Mrs. Wilson—What is the best kind of roast pan to use—the covered? Allow would you please the model of the cabbage is required.

The hobble skirt petticoat has made its appearance, and it is decidedly chick, the say the least. Those shown in the sketch are described in teday's chick the say the least. Those shown in the sketch are described in teday's chick plant in the say the least. Those shown in the sketch are described in teday's chick and the kines of the saking and chick, the say the least. Those shown in the sketch are described in teday's chick and the kines are spoke from metal in the least of the sketch are described in teday's chick and the kines are spoked them. The polish the least from the saking and the production which is a previous letter). I would call an expert furniture man in to see if he could restore the leather. If you want to risk trying a house method put a sound plant to risk trying a house method put a sound plant to risk trying a house method put a sound plant to risk trying a house method to restore the leather after that the leather after that the leather after the sake and the k

The hobble skirt petticost has made its appearance, and it is decidedly chic, to say the least. Those shown in the sketch are described in today's fashion talk